

# BAR HILL NEWS

August 2014; Issue 550

## BAR HILL POST OFFICE – UPDATE

Here is the text of a letter sent to Roger Hall:

“

23 June 2014

Dear Cllr Hall  
Bar Hill Post Office Branch, Bar Hill Library, Gladeside,  
Bar Hill CB23 8DY  
Proposed move to new premises and branch  
modernisation

I'm writing further to my letter dated 16 June 2014, in which I advised you of our proposal, subject to consultation and the appointment of the new operator, to move the above Post Office to new premises located at Tesco Stores Ltd, 15-18 Viking Way, Bar Hill CB23 8EL.

I'm now writing to let you know that the proposed new operator has decided not to progress their application to operate the branch. The local public consultation period on the proposed relocation of the branch has therefore ceased with immediate effect and the branch will continue to operate from the current site at this time.

Thank you for your time taken in this matter.

Yours sincerely

Julia Marwood

Regional Network Manager

Post Office Ltd

”

...note...note...note...note...note...note...note...

I have been approached about implementing a "Births, Deaths and Marriages" section in the Bar Hill News. I'm very happy to do so – perhaps on the back page under the Events Calendar – but I will be entirely dependent upon readers/residents to furnish the information for this section.

Do please get in touch if you have any comments, or information you would like published.

[bhnetor@yahoo.com](mailto:bhnetor@yahoo.com)

## INTERESTING FACT

Bullet-proof vests, fire escapes, windscreen wipers and laser printers were all invented by women.

...found...found...found...found...found...found...

An assortment of property was found after the fete on 5th July, including several pieces of clothing, a couple of child's or teenager's scooters and a pair of glasses. Enquiries to the Parish Council Office on 01954 780456, or Martin Avery, 01954 781233.

## SOME DATES FOR YOUR DIARY

### – THE WILDLIFE TRUST – “OVERLOOKED WILDLIFE”

The Huntingdonshire Local Group of the Wildlife Trust is pleased to present an illustrated talk 'Overlooked Wildlife' on Wednesday 10th September at 7.30pm at Brampton Memorial Hall, Thrapston Road, Brampton.

The speaker will be **Brian Eversham**, Chief Executive of the Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire since 2009. Brian is also author of the Atlas of Dragonflies of Britain and Ireland and Editor of the Ordnance Survey Nature Atlas.

The talk will concentrate on insects, fungi, plant galls and lichens, illustrating how a nature reserve or wildlife-friendly garden can support several thousand species.

Everyone is welcome.

Suggested donation: £2 members; £2.50 non-members.

Contact Tim on 01480 457795 for further information.

Registered Charity No: 1000412



RADSOC

Swavesey RADSOC presents

### “SEASON'S GREETINGS”

by Alan Ayckbourn

at the Swavesey Venue,  
Swavesey Village College

Thursday 16 October – Saturday 18 October 2014

Join Neville and Belinda Bunker for their Christmas house party! Friends and relatives gathered for festive celebrations; Christmas tree, presents, roast turkey for Christmas dinner, Uncle Bernard's Boxing Day puppet show – what could possibly go wrong? Well, quite a few things really...

Tickets available shortly – in the meantime, keep up with the director's blog on our website:

[www.swaveseyradsoc.org.uk](http://www.swaveseyradsoc.org.uk)

## CAMBRIDGE CONCERT ORCHESTRA...

...will be holding a WW1 themed concert in Bar Hill Church on Saturday 15th November from 7.30pm.

Any money raised will be split between the Church and Royal British Legion.

Tickets: £8 for Adults; £6 for Seniors and Under 16's.

More details will appear in future editions of the Bar Hill News.

deadline for next issue is 15th August, to [bhnetor@yahoo.com](mailto:bhnetor@yahoo.com), or see page 2 for other contact details



## BAR HILL RESIDENTS' ASSOCIATION

### 2014-15 COMMITTEE:

|            |                |                                                                                            |                  |
|------------|----------------|--------------------------------------------------------------------------------------------|------------------|
| Chairman:  | Roger Hall     | 01954 780304                                                                               | 11 Almond Grove  |
| Vice-Chair | Paul Goodfield | 01954 200228                                                                               | 15 Little Meadow |
| Secretary: | Anil Pallan    | 01223 655620                                                                               | 72 The Spinney   |
| Treasurer: | Martin Avery   | 01954 781233                                                                               | 34 Acorn Avenue  |
| Website:   | Simon Munford  | email: <a href="mailto:simon.munford@gmail.com">simon.munford@gmail.com</a>                |                  |
| Also:      | Jo Hall        | 01954 780304                                                                               | 11 Almond Grove  |
|            | Hilary Whipp   | e-mail: <a href="mailto:hilary@whipp6.orangehome.co.uk">hilary@whipp6.orangehome.co.uk</a> |                  |

### BAR HILL NEWS:

|                           |              |                                                                      |                 |
|---------------------------|--------------|----------------------------------------------------------------------|-----------------|
| Editor:                   | Jan Cundy    | e-mail: <a href="mailto:jan_cundy@yahoo.com">jan_cundy@yahoo.com</a> |                 |
| Advertising Coordinator:  | Bunty Waters | 01954 201421                                                         | 77 Foxhollow    |
| Distribution Coordinator: | Martin Avery | 01954 781233                                                         | 34 Acorn Avenue |

The Objectives of the Association are to act as an intermediary between Residents and other parties, to keep residents informed of matters of importance and recreation in and around the Village, and to promote the interests of Bar Hill.

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published, but names and addresses may be withheld. However, these may be made available should a written request be received. This is a private publication and may not be reproduced in any way without the prior permission of the Bar Hill Residents' Association Committee.

### ADVERTISING

All matters relating to advertising should be addressed to the Advertising Coordinator [bunty.waters@ntlworld.com](mailto:bunty.waters@ntlworld.com). Quarter-page adverts cost £15.50 per month and must be submitted by the 1st of the month prior to inclusion. Maxi ads (£8.50 per month) and Mini ads (£5 per month) should be submitted by 15th of the month prior to their inclusion. Sizes: Maxi: 6 x 4.5 cm – 9 x 6 cm; Mini: 6 x 2 cm – 6 x 4 cm. Quarter-page ads are for local businesses and we guarantee publication, but this often results in a waiting list. To help overcome this, we provide maxi and mini ads which appear throughout the publication. We cannot guarantee their inclusion, though, due to restrictions of space.

### EDITORIAL

There is no charge for Articles, What's On, For Sale and Lost and Found, and these appear at the Editor's discretion. Please submit items by 15th of the month. All telephone numbers without an area code are Crafts Hill (01954). All items can be submitted electronically on disc or to [bhneditor@yahoo.com](mailto:bhneditor@yahoo.com), [a Word file is best, please] or hard copy via Parish Council Office.

## THE MAPLE SURGERY

Tel: 01954 780442

[www.mhmaple.co.uk](http://www.mhmaple.co.uk)

### Surgery Opening times:

|                                        |                                    |
|----------------------------------------|------------------------------------|
| Monday, Tuesday, Wednesday             | 7.00am*–6.00pm                     |
| Thursday, Friday                       | 8.30am – 6.00pm                    |
| (* appointments available from 7.30am) |                                    |
| Midwife                                | Thursday 2.00pm – 4.00pm           |
| Physiotherapist                        | Tuesday 1.00pm – 4.30pm            |
| Podiatrist                             | Mon, Wed, Fri 8.45am – 12 noon     |
|                                        | Wed & Fri 1.00pm – 4.00pm          |
| Orthoptist                             | 2nd Tues of month 9.00am – 12.30pm |
| CAMTAD                                 | 4th Tues of month 9.30am – 11.30am |

Phone lines open from

8.30am – 6.00pm Monday – Friday.

Out of Hours Emergencies – call 111  
(Cambridgeshire and Peterborough 111 Service).

Health Visitors (based at Longstanton Surgery):  
01954 207612

Well Child Clinics: 3rd Tuesday of the month  
1.00pm – 2.30pm at the Children's Centre,  
Bar Hill (next to Primary School).

## USEFUL TELEPHONE NUMBERS

- Church Office 206120 • Conservative Party (Iris Lay) 205265 • Happy Hours (Helen Collins) 782203 •
- Liberal Democrat Party (Andy Pellew) 07814 871752 • Library (renewals and enquiries) 0345 0455225 •
- Neighbourhood Watch 201001 • Parish Council (Leigh Baffa) 780456 • Police non emergency 101 •
- Post Office 789285 • Pre-School 782892 • Samaritans 01223 364455 • School 273305 • Social Club 781881 •
- Swavesey Village College 230366 •



### NEIGHBOURHOOD WATCH

Congratulations to Nathan, Allen and Sophie for winning our Treasure Hunt at the fete. Plus special thanks to RedLocks Locksmiths for donating the two extra prizes this year.

Our latest village circular leaflet was delivered during July – please take note of its advice, including not leaving accessible windows open or exterior doors unlocked.

**Remember** – Criminals don't take a holiday from their business, except at our expense.

If you are going away a few simple steps will hopefully stop your holiday being spoilt.

1) **Make your house look lived in:**

- ☉ use timers for lights and radios;
- ☉ ask a neighbour to park on your drive and push post right through your letter box;
- ☉ see if they will also put out/take in your wheelie bins.

2) **Don't advertise you are away:**

- ☉ cut your lawn before you go;
- ☉ cancel milk deliveries etc.;
- ☉ avoid commenting on social media about being away.

Wishing you a safe and happy August, wherever you are.

*Pam Vendy*, NHW Village Co-ordinator

### S DYE

for all your Painting & Decorating needs.

Please call today on 07806 629972 or 01954 230484.

### BUILDING WORK

All types of small building work undertaken by experienced craftsman. Competitive rates.

– **TOM MOORE** –

M: 078125 71384; H: 01954 202677;

E: [tombola49@aol.com](mailto:tombola49@aol.com)

*...did you know...*

If tonsils are dropped they bounce like a ball?



**The Black Horse**  
Dry Drayton

Denise & Gary Glover welcome you to the Black Horse.

Bank Holiday weekend 24th & 25th August from midday till about 5pm we are having a Mini Beer Festival and BBQ. The BBQ is in aid of Cancer Research in celebration of the life to Michael Glover (Gary's dad) who very sadly passed away in June to pancreatic cancer.

Fish & Chips night every Thursday. Just £10 for our infamous fish 'n' chips, plus a free glass of wine or a pint of beer.

Come and try our delicious Sunday Roast.

Denise & Gary, The Black Horse. T: 01954 782600.

View our menus:

[www.barrestaurantcambridge.co.uk/](http://www.barrestaurantcambridge.co.uk/).

### HAPPY HOURS – NEWSLETTER

Our outing took us to Grantham in the morning, home to Isaac Newton and Margaret Thatcher, then on to Easton Walled Garden nearby. A very large estate being lovingly restored by the present owners, it was a very pleasant place to wander and enjoy. This was followed by tea and cake sitting in the sun or shade of the pergola.

Our speaker this month was Rex Freeman who talked about "Growing Old Disgracefully", not quite what it sounds – just ways of keeping yourself busy, trying new things, joining in; all things which help keep your mind active and old age at bay.

We held a very successful stall at the Fete, raising money towards members' Christmas lunch. The monkey whose name was "Bananas" was won by Lisa.

Age UK Befriending Scheme call 0800 169 29 39 or Silverline 0800 470 80 90. Age UK Befriending Scheme call 0800 169 29 39 or Silverline 0800 470 80 90.

*Helen Collins*

01954 782203

### RASTERREPAIR

Home & Workshop PC Repair. Home Support.

T: 07413 849034; E: [rasterrepair@gmail.com](mailto:rasterrepair@gmail.com)



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Steve Beaney

01954 260851

07929 888128

### STORYTIME AT BAR HILL LIBRARY

*Stories and pictures, rhymes, songs and craft activities*

Come along to Bar Hill Library at 10.30 am, on the second and fourth Saturdays in August.

Storytime is a special time for small children.

Open to children of pre-school age and their older brothers and sisters who are accompanied by an adult, it offers half an hour or more of book-based fun.

This free event opens up the treasure that books offer, introducing young children to their local library and revealing to them all that is to be gained from learning to read.

There is no need to book; just come along.

### GARAGE SALE, BAR HILL

Saturday 9th August 2014

11 am to 5 pm

70 Appletrees, Bar Hill, CB23 8SW

Perambulator, cot-bed with mattress, covers, kids duvet, dining table and chairs, garden furniture, toys, women's tops, and much more.

\* Cash only \*\* Rain or Shine \*



...letters...letters...letters...letters...letters...letters...letters...letters...letters...

*Dear Editor*

I'm writing from Wood Green to ask whether you can help with rehoming of a couple of our longest residents.

Buddy is a 5-year-old Terrier who arrived at Wood Green in November 2013. He came in with a skin condition which left a lot of his back sore and hairless. The hair is now growing back and he's feeling much happier. He's a sweet and affectionate boy who deserves a loving family. He could possibly live with a female dog, a bold cat and/or children over the age of seven.

Lilly Allen is a gorgeous tabby cat who has been with us since September 2013. She was living in a small flat with a family who unfortunately didn't have time for her. She's only six-years-old and is a fantastic little cat who is looking for a home where she'll get the time and patience she needs. Lilly is a chatty girl who loves a fuss and a lap to sit on. She's yet to explore the great outdoors and is looking forward to pottering around a nice garden enjoying the sunshine.

It would be great if you could include Buddy and Lilly Allen in the Bar Hill News, and hopefully help them find the forever homes they deserve. For further information call 0844 248 8181.

*Wood Green Rehoming Centre*

*Dear Editor*

**Fête Competition – Result**

'Guess the Number of Sweets in the Jar' competition on the Maple Surgery/PPG stall at the Fête:

Answer: **846**; Best Guess: **850**.

Well done to Louisa, winner of the "Scooby Doo" cuddly toy. I'm glad to say he's gone to a good home.

*John Doland*

**BAR HILL HOCKEY CLUB**

The club has a modest amount of cash which it would like to offer to support new or existing sporting opportunities for children and young people in Bar Hill.

If you're involved with a team or club or would like to set up a new club to provide or enhance existing sporting opportunities in the village, and would like to apply to benefit from some or all of the funds (around £400), please send an email to our treasurer [lindsey.bladen@gmail.com](mailto:lindsey.bladen@gmail.com).

Please set out as much information as you can to support your request. We'll need some basic information, such as how much you'd like to apply for, what you'd spend the cash on and some details around the age group(s) that would benefit. Please don't forget to include contact details for someone who can provide further information.

All applications should be received by 31 August 2014.

Can anyone put up some shelves for a Hanover Close pensioner? Please? Jan 01954 200315.

*Dear Residents*

The Anti-Social Behaviour, Crime and Policing Act 2014 comes into force fully in October, bringing with it sweeping changes aimed at ensuring those responsible for dealing with anti-social behaviour are putting the needs of victims first.

In future a 'Community Remedy' will give victims a say in the out-of-court punishment of offenders through a list of 'options' to be chosen from. These must reflect the effects on the victim by having either a punitive element, achieving financial or other amends for the victim, addressing the causes of the perpetrator's behaviour, or a combination of these.

In addition to giving victims a voice, the remedy will offer offenders an alternative to going to court and getting a criminal record with the aim of ultimately reducing re-offending.

Before the options are finally decided upon, I am consulting with members of the public, community representatives and local authorities to ask their views. If you would like to find out more about Community Remedy, please go to: [http://cambridgeshire-pcc.gov.uk/wp-content/uploads/2014/06/Community-Remedy-Summary\\_final.pdf](http://cambridgeshire-pcc.gov.uk/wp-content/uploads/2014/06/Community-Remedy-Summary_final.pdf). There is also a questionnaire: <http://cambridgeshire-pcc.gov.uk/survey/community-remedy/>. Thank you for your time.

*Sir Graham Bright*

Cambridgeshire Police and Crime Commissioner

*Dear Editor*

On 23rd April I started a Facebook group entitled 'Bar Hill Matters' which concerns itself with a revolving subject theme A-Z, including matters respective to Bar Hill village, general knowledge and quizzes.

I hope anyone who is interested will take a look round, join, and interact with us. A welcome awaits. Regards

*Brian Halls, Watermead*

**THE HAIR COMPANY**

Professional Mobile Hairdressing  
covering Bar Hill and surrounding areas.  
Call Caroline: 07843 238718



Can anyone help me with basic clothing alterations?  
Ring Pat: 07907 849624. Many thanks.

**ART GROUP**

If you would like to try painting, even if you think you can't, we will give you a warm welcome. Bar Hill Church Art Group meets on Wednesday afternoons throughout the year 1.30–4pm in the Church. Our meetings are very informal with occasional visiting tutors.

Why not come along and give it a try? You can borrow equipment until you find out what you need, and other members are always ready help. Contact Jan Hewins on 01954 201495 for more information



### BAR HILL CRICKET CLUB

We had a frustrating month as the weather restricted us to only one league match, against Madingley II. It looked as if Bar Hill would record a victory when they got seven visiting batsmen out cheaply, only for the No 9 to score a century! Adam Dean took 3 for 16 and then scored 34, and his brother Nathan made 47, but Bar Hill lost by 39 runs.

The only game played in the midweek league saw Bar Hill score 156 for 6 thanks to 48 by Sam Clare and 44 not out by Jonathan Barber. Barber then took 4 for 6 and Barry Driver 4 for 7 as Dobbles were all out for 51.

With the youth match against Little Shelford and the Fred Styles Memorial Match (twice) being postponed by the weather, and Saturday rain-offs against Willingham and Milton, that was all the action we saw in the last month.

Fete day saw mostly good weather – thanks to all who bought something at our barbecue.

Youth training sessions will continue at the village green in August, subject to demand, **every Tuesday from 6.30–7.45pm**. These sessions are open to boys and girls aged 8 to 11, or younger by agreement. No experience is necessary as all training is provided by DBS-checked coaches. We also provide all equipment.

Please visit our website at [www.barhillcricket.org.uk](http://www.barhillcricket.org.uk) for more information about the club. We also have a Facebook page and you can follow us on Twitter @BarHillCC

August fixtures:

Sat 2: Wimblington II (away)

Sat 9: Longstowe II (away)

Sat 23: Coton (home)

Sat 30: Willingham II (home)

*Paul Stimpson*

01954 201212

### MYTHICAL MAZE CRAFT WORKSHOP

Join children's illustrator, **Marion Lindsay** for some creative arts and crafts at

Bar Hill Library

on Thursday 14th August 2pm–3pm  
for ages 5–9 years

Admission is by free ticket – available from the Library.

Parents/Carers must remain with children. Numbers are limited so book early to avoid disappointment!

### BICYCLE REPAIRS & SERVICING

Collection & Return Service.

07914 655086

### ABSOBEAUTI

*a little luxury you deserve*

Shellac/IBD/Gelation Nail Polish; Minx; Manicures/  
Pedicures; Nail Stamping Designs and Nail Art.

Local business in The Brambles, Bar Hill.

Opening Times: 9am–3pm Monday–Friday

(weekend and evening appts available).

Call Sharon on 07967 610482.

### BAR HILL HEALTH WALKS

Free every Wednesday morning

Meet at Maple Surgery, Hanover Close,

Bar Hill CB23 8EH

at 10:30 am

Our walks are all weather (in case of rain you will find us under the church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Patricia or Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short Health Questionnaire. Copies are available on the PPG noticeboard in Maple surgery, and at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk).

Contact: Patricia Daniels, Co-ordinator, T: 07917 874402; E: [danielsoohn@btinternet.com](mailto:danielsoohn@btinternet.com); or

Josephine Powell, Co-ordinator, T: 07901 558108;

E: [jopowell45@hotmail.com](mailto:jopowell45@hotmail.com).

### GINNY'S GARDENING AND DESIGN



Do you need your gardening done?

Need ideas of what to plant where?

From whole gardens or just one bed, let me help you achieve the perfect garden for you.

Personal service tailored to your wishes, budget and garden conditions.

Phone Ginny on 01954 789206

### THE ALLOTMENT SOCIETY



Anyone interested in renting space to grow their own produce can be put on our waiting list for membership. Please contact Rob Lawrence, plot allocator, on 07788 590348 to be put on the waiting list.

All other allotment matters should be addressed to: [bhallotment@hotmail.com](mailto:bhallotment@hotmail.com).

### OVER DAY CENTRE – HOME HELP SERVICE

If you need assistance with housework, laundry, general tidying, bed making, food preparation, shopping, medication, outings, contact Danny Dews, Head of Care.

E: [danny.dews@btconnect.com](mailto:danny.dews@btconnect.com); T: 01954 231807.

Registered Charity No. 800829.

### FAMILY HISTORY RESEARCH

Caroline Norton, Cambridgeshire Family History Society, will attend Bar Hill Library to assist with family history research between 10am and 4pm on these remaining dates in 2014:

Monday 15th September

Monday 17th November



## CHURCH MATTERS

### KNIT AND NATTER...

...is on Thursday afternoons from around 1.15–3.15pm in the Octagon. We are a friendly and active group that makes a lot of things including hats, scarves and mittens for "Operation Christmas Child" shoe boxes. By joining us, you will meet new friends as well as provide support to organisations that need voluntary help.

We have several outings a year, occasional lunches, coffee mornings, a Garden Party in August and a Christmas lunch.

You don't have to be able to knit; you are very welcome to come and "natter" and enjoy a sociable afternoon. For further information contact Sue Kenchington on 01954 780260.

Everyone is welcome of any faith, or none.

### 'BRING YOUR OWN' CRAFT GROUP

The group meets monthly on Saturday afternoons in the Octagon, from 2.15–4.30pm. It was started to provide an opportunity for us to spend a quiet couple of hours working on our craft projects in good company, since we often find that we have too much to do at home to devote time to our creative hobbies, despite the benefits we derive from them. We usually leave feeling more relaxed, with the added satisfaction of having made progress on our projects.

We are always happy to welcome new members whether they are experienced crafters or just trying something new, so do come along. Remember to bring the materials and equipment you will need for your craft project. We will provide the company and refreshments. We ask for a donation of up to £1 to cover costs.

Remaining dates for 2014: 27th September; 25th October; 22nd November.

For more details contact either Wendy on 01954 782041 or Sue on 01954 200875.

### YOUNG PEOPLE GROUPS

#### Youth Socials

There is a time to relax, play games (Wii, Pool, Table Tennis) one Sunday per month from 7.15–9.00pm in the Octagon.

#### Cell Groups

These are groups of young people, meeting once a month, to learn more about the Bible and the Christian faith.

#### Cafe Church

As an alternative to sitting in the Sunday morning service, the children & young people meet in the Octagon on 1st and 3rd Sundays, for breakfast and a learning activity.

#### Young Peoples Evening Worship Service

This informal service is for adults and young people and uses contemporary music and format. This is held from 6.30–8.00pm on the 2nd Sunday of the month, starting with cake and drinks!

For more information on any of these events contact Heather at [familysmeth@ntlworld.com](mailto:familysmeth@ntlworld.com).

### BAR HILL CHURCH HOMEGROUPS

At Bar Hill Church we have six small groups who meet regularly both weekly and fortnightly, with a mixture of evening and daytime meetings. We hope that the groups facilitate discipleship, mission, fellowship, evangelistic outreach and pastoral care. We study a variety of popular biblical material; recent studies have included bible studies on the books of Romans and John as well as deeper insights in to the topics of prayer and worship. The current topic of study is 'praying through the Psalms'.

If you are interested in joining in the fellowship of a small group within the village please contact me at the Bar Hill Church office to discuss placing you in a suitable group.

With Blessings in Christ

*Jenny Patton* – Small Groups Coordinator

### BAR HILL FOOD BANK DROP-OFF

Did you know there are currently 13 million people in the UK living below poverty level? Cambridgeshire may appear wealthy, but local Food banks, part of the UK-wide Trussel Trust, have seen a massive increase in demand in the five years since their introduction here.

Food banks were developed to give local people three days' worth of emergency food distributed through a voucher system at times of urgent need.

Bar Hill Church has a drop-off box for donations in the main church foyer. If you'd like to contribute tinned, dried or non-perishable food, the Church is open on Mondays, Wednesdays and Fridays from 0930–1230.

We have lists of suitable foods on the church notice board, or you can get more information at [cambridgecity.foodbank.org.uk](http://cambridgecity.foodbank.org.uk).

Many thanks.

### THE COFFEE STOP...



...takes place every Wednesday from 10am–12 noon at the Library. Coffee, tea and biscuits are served.

An opportunity to meet old friends – and new – for a chat.

Everyone is welcome. We support the "Friends of the Library" in making good use of this valuable resource and keeping it open for everyone. We look forward to seeing you!

### THE BIBLE

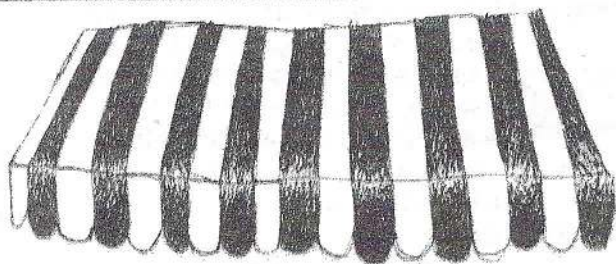
There are 66 books in the Bible; 39 in the Old Testament and 27 in the New Testament.

The 66 books are divided into 1,189 chapters, consisting of 31,102 verses. In the King James version, the Old Testament has 929 chapters, the New Testament 260.

The King James Old Testament contains 592,439 words; the New Testament 181,253 words.



## CHURCH MATTERS



### BAR HILL COMMUNITY MARKET

No market in August  
Saturday 6th September  
10.30am – 2pm  
In the Octagon CB23 8EH  
– Entry is Free –

Come and support your local community.  
A variety of handmade crafts, jams, fruit,  
vegetables, cards and beauty products.  
We raise funds for community projects.

Refreshments Available  
Soup and roll from 12noon  
BBQ (*weather permitting*)

If you would like to be part of the market, please  
contact either Karen Austen 01954 781085 or  
Sue Gadsby 01954 200875.



### BAR HILL ECUMENICAL CHURCH SERVICES FOR AUGUST 2014 EVERYONE IS WELCOME

The Church Minister, Charles Mather, can be contacted  
on [minister@barhillchurch.org.uk](mailto:minister@barhillchurch.org.uk), or by phone on  
01954 277119. Our website gives lots of information  
about what's happening in Church: [barhillchurch.org.uk](http://barhillchurch.org.uk).

|                |                                                          |
|----------------|----------------------------------------------------------|
| Sunday 3rd     | 10am Holy Communion with Cafe<br>Church for Young People |
| Sunday 10th    | 8am Holy Communion<br>10am Quaker Service                |
| Sunday 17th    | 10am Holy Communion                                      |
| Sunday 24th    | 10am Morning Worship                                     |
| Wednesday 27th | 10am Midweek Communion                                   |
| Sunday 31st    | 10am Morning Worship with Guest<br>Speaker.              |

There will be no evening services in August. Contact:  
Church Centre Manager: 01954 206120; office hours  
Mon., Weds. and Fri. 0930–1230.

There is a Roman Catholic Mass every  
Saturday at 6 pm.

### BAR HILL CHURCH ECO GROUP...

...meets for an hour once a month to think about how  
we can best use our world's resources, both for our  
own benefit and for future generations. We are  
working towards the award of 'Eco-Congregation'.

Events last year included Sunday workshops on the  
theme of creation, and an eco walk and picnic.

Further details, including meeting dates, can be found  
on the church website – [www.barhillchurch.org.uk](http://www.barhillchurch.org.uk).

### MESSY CHURCH...

...is for pre-school and primary age children and their  
carers. They meet in the Octagon from 3.15–5.15pm  
on the 3rd Wednesday of each month.

Each session begins with craft activities followed by a  
story and song on a Bible theme, and ends with a  
simple meal. Come along!

For more information contact Peter at  
[familysmeth@ntlworld.com](mailto:familysmeth@ntlworld.com).

### THE CATHOLIC CHURCH OF OUR LADY AND THE ENGLISH MARTYRS

Hills Road, Cambridge

The Catholic Church serving Bar Hill

Parish Priest: Mgr Peter Leeming Tel: 01223 350787

Deacon: Revd Robert Joyce

Local contact: Bunty Waters Tel: 01954 201421

Monday, Wednesday, Thursday, Friday 8am and 12.15pm

Tuesday 8am and 7.30pm

Saturday 6pm. First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and  
6pm at The Octagon, Bar Hill.

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30–11.15am, 4.30–5.15pm, 7.00–7.45pm

Details of other services are published in a weekly newsletter available at the  
6pm Mass each Saturday – copies are also available in the Church Centre.

### ROCK SOLID...

...is a midweek club for primary  
school age children which runs  
every Thursday evening in the  
Octagon/Meetings Room from  
6.00–7.15pm, during term time  
only. We have great fun with songs,  
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moment, but if you think your child  
would like to come along, please  
contact Adrienne Sharman on  
01954 780874 for further  
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During the week we have the following groups and clubs:

|           |                                               |                |
|-----------|-----------------------------------------------|----------------|
| Monday    | Helene Jones Dance<br>(school term time only) | 3.30–8.15 pm   |
| Tuesday   | Shotokan Karate                               | 5.45–8.00 pm   |
| Tuesday   | Danielle (Boot Camp)                          | 8.00–9.00 pm   |
| Wednesday | Helen Jones (Dance)                           | 4.00–6.45 pm   |
| Wednesday | Zumba                                         | 7.00–8.00 pm   |
| Wednesday | Pilates                                       | 8.00–9.00 pm   |
| Thursday  | Zumba<br>(school term time only)              | 9.30–10.30 am  |
| Thursday  | Pilates<br>(school term time only)            | 10.30–11.30 am |
| Thursday  | Weightwatchers                                | 7.00–7.50 pm   |
| Friday    | Martial Arts                                  | 6.30–8.30 pm   |
| Saturday  | Sweat and Tone                                | 8.00–9.00 am   |
| Sunday    | Bingo (doors open 7.15pm)<br>Cash prizes      | 7.45–9.30 pm   |

If you wish to book any of these facilities, or get more information, please contact us: T: **01954 782414** (leave a clear message and we'll call back within 24 hours Monday–Friday); E: [barhill.villagehall@btconnect.com](mailto:barhill.villagehall@btconnect.com). We look forward to hearing from you.

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## BAR HILL SPORTS AND SOCIAL CLUB



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles and cribbage, or enjoy a drink in our quiet lounge bar.

Visit our website, [www.bhssc.org.uk](http://www.bhssc.org.uk) or join us on Facebook, at Barhillsports.Socialclub.

### What's on in August?

|              |                       |
|--------------|-----------------------|
| Sat. 2 Aug.  | Dave Cass – Singer    |
| Sat. 9 Aug.  | Play Your Cards Right |
| Sat. 16 Aug. | Fluffy Wangers – Band |
| Sat. 23 Aug. | Play Your Cards Right |
| Sun. 24 Aug. | The Big Quiz          |
| Mon. 25 Aug. | Open Weekend          |

### Looking Ahead...

|              |                                                      |
|--------------|------------------------------------------------------|
| Fri. 5 Sept. | Curry Night – must be booked in advance.             |
| Sat. 4 Oct.  | Ladies Cocktail Evening – must be booked in advance. |
| Fri. 17 Oct. | Starfish – Band.                                     |

### Monthly Quiz

August sees the Big Quiz on **Sunday 24th**. First prize £100 worth of Club vouchers to spend behind the Bar. Second prize £50 worth of vouchers. Registration is at 7.30 for 8pm start. Maximum of six per team, £1 per head. No mobile phones or tablets allowed.

### Not a Member?

New members are always welcome, join now for £10, Seniors £5. Pop in and have a look round. Please ask the bar staff for a membership form. See our website for opening times. The club also has a junior membership for 16 and 17 year-olds for a one off payment of £5. This is valid until full membership can be obtained at 18.

Andrew Wilkin, 01954 781881 (BHSSC)

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Contact: Ruth Wright (Secretary) on 01954 201890





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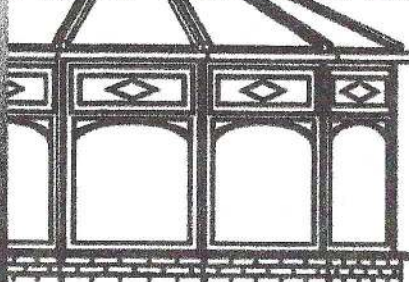
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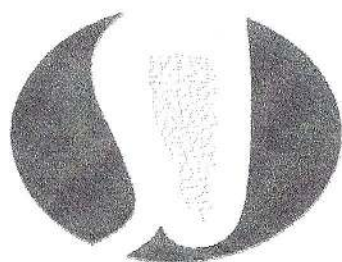
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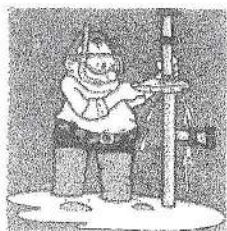
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### FRIENDS OF THE ROSIE HOSPITAL



With your help, we are making the Rosie a more comfortable environment for mothers and babies.

New knitted clothes and toys are for sale on our website [www.rosieinstitches.org.uk](http://www.rosieinstitches.org.uk).

If you have any spare polyester toy stuffing, ribbons or yarn we are in urgent need of your donation.

This summer we have a small display at Hackers Fruit farm, J30 on the A14, and in the Tea Bar, Outpatient Department, Rosie Hospital at Addenbrooke's

**Our next stalls will be:**

Willingham Craft Fair on 27th September;  
Bar Hill Community Market on 4th October.

Start your holiday shopping today with [Easyfundraising](http://www.easyfundraising.org.uk) and our charity will benefit from a donation. We have discounted items for sale in our eBay Charity Store [Rosieinstitches2010](http://Rosieinstitches2010). There are links to affiliate stores on our website from whom we will get a donation.

To support Friends of the Rosie Hospital visit [www.easyfundraising.org.uk/causes/forh](http://www.easyfundraising.org.uk/causes/forh) and follow the instructions. You can raise funds by using the Easyfundraising search site at <http://forh.easysearch.org.uk>

There are competitions to enter on the Easyfundraising blog.

Follow us on the Rosie in Stitches Facebook page.

If you can improve our website, organise the three large stalls per year at Addenbrooke's Outpatients, provide transport for our volunteers or display a small selection of our wares, please contact a member of the committee. Details are on our website.

Thank you for all your support.

### NWR

Ladies – Would you like some social and mental stimulation? If so why not join us on alternate Thursday evenings.

NWR is a national organisation with members all over the country, who enjoy lively conversations both serious and light hearted. It is for women, of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us, come along to one of our meetings, you would be very welcome.

14 Aug. **DISCUSS THE BIG READ.** Venue tbc.

28 Aug. **RECIPE SWAP** – talk about your favourite recipe, sweet or savoury. Bring a copy to swap – even a sample to try. Venue: Pat's.

11 Sept. **TALK BY BECKY POINTON** – the advantages of Facebook and Twitter, from a professional and educational angle. Venue: Di's.

The Bar Hill NWR group meets informally on alternate Thursday evenings; we pay just £1.00 per meeting to cover costs. If you would like more information, or someone to accompany you to a meeting, please don't hesitate to call Marie-Thé Last on 01954 780329 or Geraldine Martenz on 01954 203458.

NWR's website: [www.nwr.org.uk](http://www.nwr.org.uk). Why not have a look!

### MAPLE SURGERY NEWS

Tel: 01954 780442

[www.mhmaple.co.uk](http://www.mhmaple.co.uk)

The Surgery will be closed on Bank Holiday Monday, 25th August. For urgent issues, please call NHS 111.

**Opening Hours** – we offer early appointments from 7.30am on a Mondays, Tuesdays and Wednesdays.

The Surgery is open till 6.30pm every weekday. Bookings for on the day appointments can be made from 8.30am.

**Real-time Feedback Study** – the RTF Study is now up and running in the Surgery with two touch screens. Please do give us your feedback every time you visit the Surgery.

**New Patients** – we are currently accepting new patients – visit the Surgery to complete registration forms.

**Electronic Prescriptions** – the Surgery is planning to start using the Electronic Prescription Service (EPS) later this year. We encourage patients to contact their local pharmacy to complete a pharmacy nomination form which will tell us where you would like your repeat prescription sent to once EPS is in use.

**Online Appointments and Repeat Prescription Requests** – registered patients can now book GP appointments and order repeat medications on the Surgery website [www.mhmaple.co.uk](http://www.mhmaple.co.uk). Please call in to the Surgery with one piece of photo ID to obtain your username and password.

**Repeat Prescriptions** – remember to allow *two clear working days* for your request to be processed. [For your own safety we are unable to accept repeat prescription requests by telephone. You may order repeat medications on the website (see above), via our dedicated e-mail [maplesurgery.repeats@nhs.net](mailto:maplesurgery.repeats@nhs.net) or put your completed repeat slip into the grey repeat prescription box located on the wall in the front entry foyer of the Surgery. When the Surgery is closed please post your repeat request through the gap in the front door.]

**Appointments** – we are still experiencing a large number of wasted GP and Nurse appointments due to non-attendance. If you cannot make your appointment for any reason, please let us know as soon as possible so that we may offer it to another patient.

**Contact Details** – it is important we have up-to-date details on your record so we can contact you easily. Please take a moment to ring/drop in to check that we have your correct home address, landline, mobile and e-mail.

Regards, *The Maple Surgery Team*

### OVER DAY CENTRE

Recently the Day Centre bus has been taking the elderly in the village to the Methodist Church Hall on the 4th Saturday of every month for a **home cooked lunch**. This has worked very well and benefits the whole community.

The Day Centre celebrates being open 25 years in **September**. If you've had any connection with the Day Centre over the years, we would love to hear your stories and memories.

We will be holding a **Harvest Fayre** on 1st October – an afternoon to buy cakes, preserves, pies and much more... not forgetting tickets for the quilt, which will be raffled on 12th December.



## BAR HILL CHILDMINDERS



If you are thinking of going back to work or would just like to have a bit of time to yourself, then why not leave your child in a friendly environment with a Childminder who is Ofsted registered, fully insured and

First Aid Trained? Childminders offer a wide variety of activities including trips out to local toddler groups and parks, arts and crafts, music, stories and much more. If you would like to find out more, you can call any of the Childminders listed below or just come along to our 'Little Bunnies' session on Thursdays to meet us all (details below).

### Childminders with current vacancies

|           |                                     |
|-----------|-------------------------------------|
| Kirsty    | 07584 168909 (school aged children) |
| Melanie   | 01954 204496 (0-5 year-olds)        |
| Jacky     | 01954 780249                        |
| Kirsten G | 01954 200228                        |
| Kirsten C | 01954 202228                        |
| Terri     | 07846 018714                        |



'Little Bunnies' Toddler Group for Babies and Pre-school Children and their Parents/Carers. We meet on Thursdays 9.45–11.15 am in the Octagon (term time only) £2.50 per family/carer, or £1 per adult with one child under a year old. Includes soft drinks and healthy snacks for the children, hot drinks for the adults. We have a large range of indoor and outdoor toys.



## GIRLGUIDING IN BAR HILL

This term has seen the Guides out and about taking advantage of the green space around the village. We have enjoyed outdoor cooking, trail setting, and completed an exercise with putting up tents. The Unit will be camping in a few weeks, and we plan to complete the Big Brownie Birthday Challenge over that weekend, including a campfire – with gloop and smores – always a favourite! Activities, indoors and out, have included a mix of international crafts, making a farm of Origami animals, completed Manga drawings, and we have made robots out of junk. We finish the term with a water night, and are off camping again at the start of the summer break for a water activities camp.

Why not come and join in the fun?

Girlguiding units currently meet weekly in Bar Hill: Rainbows (age 5–7) Monday and Wednesday, Brownies (age 7–10) Tuesday and Wednesday, Guides (age 10–14) Wednesday, and Senior Section (14+) meet monthly.

If you would like to volunteer, or your daughter wants to join us having fun in a girl only environment, please go to [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested).

For more information about local girlguiding, please phone 01954 203322 or email Di Gunton, Bar Hill District Commissioner, at [di@theguntons.com](mailto:di@theguntons.com).

## WILLINGHAM & LONGSTANTON SURGERIES

Willingham: 01954 260230; Longstanton: 01954 207600;

Dispensary: 01954 260073

Website: [www.willinghammedicpractise.nhs.uk](http://www.willinghammedicpractise.nhs.uk)

Surgeries are closed on August Bank Holiday Monday 25th August. Normal opening Tuesday 26th.

**Repeat medication** – please be aware that neither A & E departments nor Urgent Care Cambridge and 111 can dispense repeat prescriptions. Please check your supplies and order from our dispensary in plenty of time to collect before the weekend and bank holidays. We need 48 hours notice in order to comply with legal requirements. Ring 01954 260073 or leave your repeat prescription order form at either Willingham or Longstanton surgery. You can also order your prescriptions online so ask dispensary for details of how to register for this service.

**Please sign our Petition – deadline 12th August: PUT PATIENTS FIRST: BACK GENERAL PRACTICE CAMPAIGN.** You may be aware from the media that GP surgeries are to suffer annual funding cuts. Despite carrying out 90% of all NHS patient contacts, general practice only receives 8.39% of the UK NHS budget; this is projected to plunge to just 7.29% by 2017. To protect high quality services for patients, a petition has been launched by the Royal College of General Practitioners and the National Association for Patient Participation. A copy is available at our reception desks in Willingham and Longstanton surgeries. We urge you to sign up if you agree. To read more about this, visit [www.putpatientsfirst.rcgp.org.uk](http://www.putpatientsfirst.rcgp.org.uk). You can sign online. If you really want to make a difference please take the time to write to your MP.

**Going to University this September?** Ring and book a telephone consultation with one of our practice nurses to check you are up to date with your immunisations.

**Abdominal Aortic Aneurysm (AAA)** is a condition where the aorta (the big blood vessel which takes blood from the heart around the body) weakens and swells as we get older. It could potentially burst with fatal consequences. For more information visit:

[www.aaa.screening.nhs.uk](http://www.aaa.screening.nhs.uk) or NHS Choices:

[www.nhs.uk](http://www.nhs.uk). Men aged over 65 years are more likely to have this condition and are eligible for free screening. You will receive an invitation letter in the year that you turn 65. If you are over 65 and have not received an invitation, you can request a scan by contacting 01223 256909. NHS AAA screening clinics for this area are held at Willingham Surgery every two months: a simple ultrasound scan that lasts less than 10 minutes.

**Missed appointments in June = 119.** Please inform us so we can re-book unwanted appointments.

Cynthia Bidwell, Practice Manager

### ...did you know...

Tea is said to have been discovered in 2737 BC by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water.

The tea bag was introduced in 1908 by Thomas Sullivan of New York.



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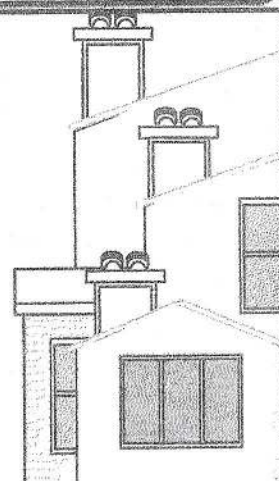
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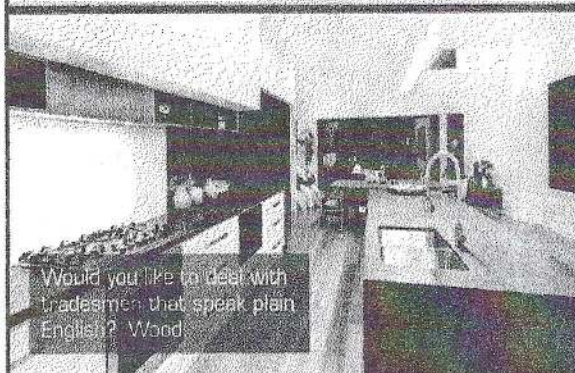
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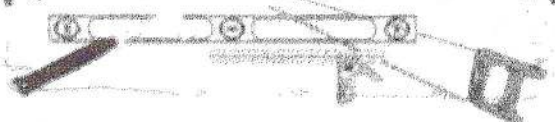


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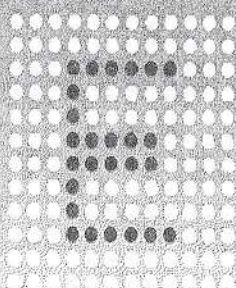
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## REPORT FROM COUNTY COUNCILLOR JOHN REYNOLDS

Cambridgeshire says 'tar' to nearly £2million extra pothole fund

Cambridgeshire roads are about to get an extra £2 million to fix potholes after a successful bid to Government. This is in addition to the £1,531,297 the council was awarded in March this year to help repair potholes following the bad weather. This is great news. The money will be well spent repairing our roads and paths. Fixing potholes is a continuous job for the authority and is vital to keep Cambridgeshire moving. Billion pound signing for innovative city deal  
An innovative City deal that could see a billion pound investment in the Greater Cambridge area has been signed by Government, Council leaders, businesses and the University of Cambridge. The signing is the latest step in securing potentially hundreds of millions of pounds of extra money that will be invested in improving transport and facilitate housing delivery in the Cambridge and South Cambridgeshire area. This is a game-changing deal for Greater Cambridge and the surrounding County. It will see a step change in transport infrastructure, create jobs and boost the local economy. The success of this will also be felt outside the Cambridge area so all our communities will benefit.

Bump in the perimeter road?

I have had a number of emails from concerned local residents about the ever larger bump near the junction with The Brambles. This area was resurfaced about six years ago but the bump has returned. Have you been affected? I am chasing Highways for action. Please contact me with your views at the e-mail below. As Your County Councillor I welcome hearing from you on these and/or any other issues that affect our community. A full report on outstanding issues from the County Council is available by e-mail.

**John Reynolds**

Contact me by: e-mail: [J.E.Reynolds@ntlworld.com](mailto:J.E.Reynolds@ntlworld.com);  
[john.reynolds@cambridgeshire.gov.uk](mailto:john.reynolds@cambridgeshire.gov.uk);  
post: 4 Hollytrees, Bar Hill, CB23 8SF; or  
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...did you know...

the infinity symbol [∞] is called a lemniscate?

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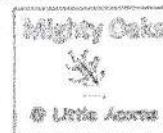
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Little Acorns  
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Little Acorns extended day care is the umbrella name for Little Acorns Pre-School and Mighty Oaks @ Little Acorns (the out of school club). We are registered to care for children age 2–11 years, from 8am–6pm term time and during school holidays.

Flexible hours can be booked any time during a week day. [Normal pre-school session is 9–11.30am, or 12.30–3pm; and afterschool care starts at 3pm or 3.15pm]. Our current cost is £3.60 per hour. There is a sibling discount rate. Children can access 15 hours per week of free sessions under the Early Years Funding Scheme in the term after they turn 3 years.

Families on Income support, or who fulfil the criteria for free school meals, may also be able to access 15 hours per week of free sessions for their 2 year old, via the 'Free Twos' Funding. The children's centre will be able to advise about this.

We can be found next door to the primary school along the concrete track which leads to the Farmhouse. Please feel free to drop in for a look around. Children of all ages have access to all rooms and garden area throughout the day. We offer a wide variety of activities and resources, set out into zones, where children can explore, investigate, learn, create and have fun.

We employ qualified and experienced staff who are caring and dedicated team members. If you would like more information or a registration form please email us at [littleacorns.barhill@ntlworld.com](mailto:littleacorns.barhill@ntlworld.com) or [mightyoaks.barhill@virginmedia.com](mailto:mightyoaks.barhill@virginmedia.com) or phone Sally or Gail on 07851 803083.

The building can also be hired out at weekends/evenings for parties and family events. Please email us for a booking form if you are interested – you do not need to have a child at the pre-school to use this facility.

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The extended outdoor learning environment provides opportunities from growing fruit and vegetables for our snack bar to discovering worms, ladybirds and other creatures that share the setting. We are proud to offer many additional learning experiences for your child with regular visitors to the setting as well as exploring the community around us. The setting is intimate and comfortable and provides a safe environment for your child to learn and develop with their peers. The indoor area has a quiet corner for reading as well as a range of toys and equipment for your child to discover. We have strong ties with the community through visits to local businesses, the library and the church.

Parent/Carer Partnership: To fulfil our commitment to meeting children's individual needs we use communication diaries as part of our outstanding parent/carers partnerships. Please contact us on the above telephone numbers or: [enquiries@barhillpreschool.co.uk](mailto:enquiries@barhillpreschool.co.uk). Our setting manager as well as session allocation coordinator, Sarah, and her deputy Michele are always on hand to support you through the registration process. We look forward to meeting you and your child.

## INTERESTING PIECE OF RESEARCH

Can't sleep at night?

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...is now fully up and running. If you, or someone you know, would benefit from the use of our service, please call Tracy, the co-ordinator, on 07542 194033. Maybe you need to make a hospital visit, or you struggle to get to your doctor using public transport? We can help. Our drivers are fully insured and police checked, and because they are volunteers it will only cost you 30p per mile, with a minimum charge of £2.50 per journey. The scheme is here to help anyone who is unable to drive and would struggle to manage their journey using public transport.

To use this service, or to volunteer as a driver, contact Tracy on 07542 194033 or email [BarhillCommunityCarScheme@outlook.com](mailto:BarhillCommunityCarScheme@outlook.com).

## COUNCILLOR REPORT: AUGUST 2014

In these times of financial stringency, South Cambridgeshire District Council has been able to make £5 million worth of savings over the last few years, and £650,000 in the last year, while maintaining high-class local services. It is acknowledged that it is one of the best run of district councils and its Council Tax remains one of the lowest in the country. To maintain this position, and in the light of the continued reduction in government grants, the Council will share services such as computer support, building control and legal support with Huntingdonshire District Council. Discussions are also taking place with regard to sharing refuse collection facilities with Cambridge City Council with the City relocating its depot to South Cambs. depot in Waterbeach, freeing the present depot for housing. These will save nearly a million pounds a year.

South Cambridgeshire, and the Bar Hill Ward in particular, is one of the best places in the country in which to live. With regard to the Bar Hill Ward:

- Its population is 5,048;
- Its mean age is 41, one year more than the whole of South Cambs;
- It has 2,130 households, with 804 owned outright and 903 by way of a mortgage or loan (80%);
- Only 61 residents have never worked or are long-term unemployed;
- 1,469 (34.9%) residents have achieved level 4 qualifications (degree or equivalent) compared with 27.4% nationally;
- 86.5% of residents are in very good or good health.

As chairman of the Bar Hill Residents' Association and a member of Bar Hill Parish Council, I strongly support a new skateboard ramp for the young people of Bar Hill. The condition of the previous one was deteriorating and had to be demolished as it was potentially unsafe.

At this time of year, thefts from garden sheds and garden ornaments increase. The police are targeting villages where there is a high incidence of this. Also, this is the season when distraction burglaries frequently take place. One South Cambridgeshire resident has been fined £2,000 for dumping an old sofa in a country lane, the council's policy being to prosecute such offenders.

Last year, measures by the Council prevented 158 families becoming homeless. In addition, it maintained its position of having one of the highest Council Tax and rent collection rates in the country. A pilot scheme has been devised so that older people can continue to live independently in their own homes. If successful, it will be expanded to cover the entire district.

If you need help, assistance or further information, do please get in touch.

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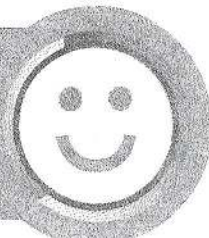
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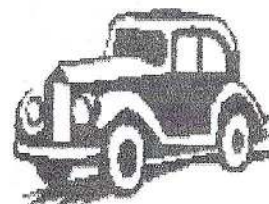


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Leigh Baffa, Parish Clerk

Tel: 01954 780456

e-mail: [bhillpc-1@btconnect.com](mailto:bhillpc-1@btconnect.com)

Please note that the office is open to the public between 10am and 12 noon Monday to Thursday, and **By Appointment Only on Fridays.**

### Lost Property

I have had some lost property handed in at the Parish Council office, mainly clothing, but also a couple of children's scooters and a pair of glasses. If you lost something at the fete then please pop in to the office.

### Litter Picking Day

We are having another Litter Picking Day on Saturday 13th September from 10am to midday where bags, gloves and litter picking sticks will be handed out. Please make a difference to our village and keep Bar Hill free from litter. We look forward to seeing you on the day.

### Parish Council Meetings

The next Parish Council meeting will be held on Thursday 18th September at 7pm in the Parish Council Office. All members of the public and press are welcome to attend. There is also an Open Forum at the start of each meeting for residents to put their views across. The Parish Council is in recess during August and the Clerk will be taking annual leave during this time. However, the office will be open from time to time, manned by Councillors, to help residents with any problems.

### Handy Telephone Numbers

Streetlights: 0800 253529 and give the number that is written on lamppost.

South Cambs District Council: 03450 450500

County Council (*damaged paths and roads*): 01223 717111.

### HAVING PROBLEMS WITH COMPUTERS OR NEW TECHNOLOGY?

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W: [www.learnitwithlaura.co.uk](http://www.learnitwithlaura.co.uk).

### FOR SALE

Natural look ceramic kitchen wall tiles from the Tile Giant 'Ciotolli' range; four colours, giving 2 square metres of coverage.

Wickes 'Andorra Gloss' worktop – 126.5cm x 60cm; white tile trim.

All unused and left over from new kitchen

– £50 the lot –

Alison 01954 782849

### HEALTHY LIVING, HEALTHIER LIFE – REPORT

The Maple Surgery and its Patient Participation Group recently organised a very successful health awareness evening on the theme of "Healthy Living, Healthier Life". More than 80 people gathered in the church hall to hear three expert speakers. Dr Leonard Shapiro is a cardiologist from the world-famous Papworth Hospital and a medical adviser to the Football Association. He spoke on the topic "What Makes Your Heart Healthy?" and explained that heart disease is caused by arteries becoming blocked by fat deposits, a process that begins in early adulthood. He said that a number of lifestyle choices can have a negative effect on heart health, including smoking, inactivity and obesity. Lesley McFarlane is a nutritionist and weight management expert. Her talk was titled "Eating Well, Living Well" and she began by explaining how diet can affect health. Over-eating by just 100 calories a day (a single biscuit!) can increase your weight by half a stone a year. Obesity raises the risk of many diseases, including cancer and diabetes, but even moderate weight loss can help – losing just 10% of your weight can give benefits. Simon Gurry is a local fitness trainer. He talked about the causes of poor posture, and how it can lead to symptoms such as shoulder pain and headaches. He invited the audience to try a series of simple exercises that can help to relieve the effects of a common type of poor posture called upper cross syndrome.

After the talks, refreshments were provided and the audience had the opportunity to visit information stands set up by Weigh2Go, Bar Hill Health Walks, Slimming World and the Waves Health Club. In addition, Maple Surgery practice nurse Elizabeth Edunsin was on hand to offer blood pressure checks. A full account of this event will be available on the PPG's web site: [www.maple-ppg.org](http://www.maple-ppg.org). The PPG plans to hold more health awareness events.



### BAR HILL BABY AND TODDLER GROUP...

... is held on Wednesday and Friday 9.45–11.15 am at the Octagon. This is for families and carers with children aged 0–4 years, with a variety of toys and activities for toddlers and pre-schoolers, and a baby area with mats and age appropriate toys. Drinks and snacks are provided.

Prices: Under 1's – £1.00 (or FREE when paying for a sibling over 1); Over 1's – £2.00.

Maximum charge per family/child-minder – £3.00.

Visit our Facebook page for details of future events.

### INTERESTING FACT

There is an ATM at McMurdo Station in Antarctica, which has a winter population of 200.

*I wonder what they spend the money on?*



## SUMMER AT THE MUSEUMS 2014

Hands-on family fun in Cambridge and beyond  
24 July – 3 September 2014

This summer, family fun and adventure are just around the corner as museums in Cambridgeshire offer a jam-packed programme of creative activities, events and trails. With 20 local venues presenting an exciting mix of drop-in and bookable things to do, this annual happening has heaps to help you get the most out of the holidays.

From taking part in a night time bat walk at Cambridge University Botanic Garden, building rockets at Cambridge Museum of Technology or meeting a Stone Age man at the Norris Museum, this year's Summer at the Museums calendar is full of events and activities to keep everyone entertained. Whatever's happening, the amazing collections across our local museums make them the perfect place to visit at any time. For fun tips and activities while you are exploring, pick up a FREE Museum Scrapbook. Calendars and Scrapbooks are available from all participating museums and collections, or can be downloaded from [www.cam.ac.uk/museums/summer](http://www.cam.ac.uk/museums/summer).

### Cambridge venues:

Cambridge Museum of Technology  
Cambridge Science Centre  
Cambridge University Botanic Garden  
Fitzwilliam Museum  
Kettle's Yard  
Museum of Archaeology and Anthropology  
Museum of Cambridge  
Museum of Classical Archaeology  
The Polar Museum  
Sedgwick Museum of Earth Sciences  
Whipple Museum of the History of Science

### Further afield:

Burwell Museum & Windmill  
Cromwell Museum, Huntingdon  
Ely Museum  
Farmland Museum and Denny Abbey, Waterbeach  
Norris Museum, St Ives  
Ramsey Rural Museum  
Saffron Walden Museum  
Stained Glass Museum, Ely  
Wisbech & Fenland Museum

**Interesting Fact:** cats have over one hundred vocal sounds, while dogs only have about ten.

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## – BAR HILL COLTS FOOTBALL CLUB NEWS – FOCUS ON THE BAR HILL LIONS U8 TEAM

### Lions Under 8 team enter the Mini Soccer League

From September our Bar Hill Lions team will enter the Mini Soccer league for the first time, playing 5-a-side matches as Under 8s. The team was formed 3 years ago when the children were in Reception year at school. Since then, they have been attending weekly training sessions to perfect their football skills and improve their co-ordination, as well as having a lot of fun playing friendly matches against various other local teams in their age group. Each child has improved immeasurably to become a valued member of the team.

This is more than demonstrated by the number of players that have been scouted at various friendly tournaments we've participated in, to be part of one of the grass roots Regional Development Centres. For example, several of our players now also train with the Cambridge United Regional Development Centre once a week to further improve their football skills. We also have one player that will be training with the Norwich RDC.

The Lions are now looking forward to playing regular Saturday league matches when the season starts in September, your support on the Bar Hill Village Green to cheer the players would be most welcome.

We asked our players what it means to them to be part of the Lions team:

"We are all great friends and have brilliant times together!" (Tom)

"Even though I don't live in Bar Hill, I feel very welcome and have made some good friends." (Hayden)

"I get to play with great players and we win most of the time!" (Theo)

"The team is wonderful and we get to play football with our friends" (Luca & Rocco)

"I enjoy training, learning new skills and playing matches!" (Aidan)

"It's really fun and I get to learn new skills." (Graydon)

"It is fab, fun and great being part of the Lions as it helps me to be a real footballer." (George)

"I've been able to make lots of new friends and play good football" (Santino)

"It's great fun to play as a team with really good friends." (Ben)

### Bar Hill Lions team Host July Mini World Cup Tournament

After the success of a mini tournament the Lions team hosted last year, we decided to host a Mini World Cup Tournament on the village green in early July, so the children could feel part of the action of the World Cup Brazil 2014.

We attracted several other local teams to the event and mixed all the children together into 11 different countries. Six pitches were marked across the green, each pitch having a unique set of football rules to add an extra element of fun for the children, such as "back to back" goals in the middle of the pitch, for example. The children loved it. As well as flooding the green with Brazilian samba music for a few hours for some extra World Cup flavour, we also had free face painting so the children could have national flags painted on their faces. After the matches, all players and referees were awarded their own World Cup medal to help remember the day. The cost of the medals was kindly borne by the Bar Hill Colts club.



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## **Oakington Garden Centre**

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and garden sundries**

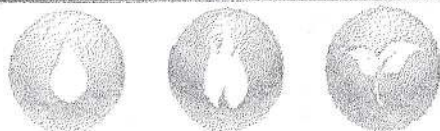
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**Sundays 10am to 4pm**

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**Fax. 01223 236823**

**Email. [oakingtongardencentre@hotmail.com](mailto:oakingtongardencentre@hotmail.com)**



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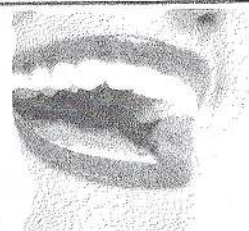
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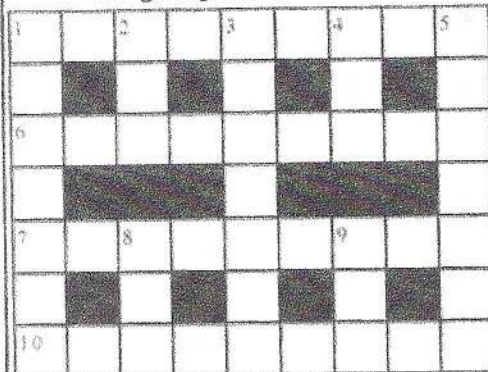
4 Water Lane, Oakington



## AUGUST

Across 1. Guy Fawkes night 2014; 7. edit & censor; 8. looked starved; 10. with medals.

Down 1. the rest of the week for workers; 2. Swim; 3. Sooner; 4. stuff we are made of; 5. gave in; 8. Curve; 9. high explosive.



## SOLUTION FOR JULY

Across 1. meandered; 7. stiffened;

8. colourful; 10. latitudes.

Down 1. musical 2. Ali 3. default 4. ran

5. diddles 8. Lot 9. fad.

## AUGUST

### BIN COLLECTION DATES

Wednesday 6th black bins

Wednesday 13th blue and green bins

Wednesday 20th black bins

Thursday 28th blue and green bins

### Interesting...

At a glance, the Celsius scale for temperature measuring makes more sense than the Fahrenheit scale.

But its creator, Anders Celsius, was an oddball. When he first developed his scale, he made freezing 100° and boiling 0°, or upside down.

No one dared point this out to him, so fellow scientists waited until Celsius died before changing the scale.

## AUGUST BULLETIN FROM CAMBRIDGESHIRE FIRE AND RESCUE SERVICE

We have seen some lovely weather across Cambridgeshire – long may it continue!

Cambridgeshire Fire and Rescue Service hopes you have all been staying fire safe with your latest outdoor activities, but just in case, here are our firefighters' top tips:

- When out camping or using a tent, never use candles inside or nearby and always discourage smoking nearby. Never cook inside a tent either.
- If cooking outdoors, keep barbeques on level ground, never pour accelerant on and keep well away from fences, sheds and foliage.
- If you are having an open fire, build it well away from buildings, tents or other flammable objects and make sure it is properly out when you leave.
- When out in the countryside, extinguish cigarettes properly and dispose of them responsibly – never throw a lit cigarette into a field or wooded area.

Like our fan page on Facebook: [www.facebook.com/cambsfrs](http://www.facebook.com/cambsfrs), follow us on Twitter @cambsfrs.

To find out if you are eligible for a free home fire safety check, call 0800 917 99 94.

## MESSAGE FROM YOUR LOCAL PCSO

I hope you all had a good time at the Village Fete on 5th July, and I'm glad the weather kept fair. There were no incident reports in relation to Bar Hill Fete this year, which is good news.

On June 20th a group of 30-40 youths gathered at Bar Hill Skate Park in the evening to drink alcohol. Some were under age and alcohol was seized. Follow up visits will be made to the parents of those who are under age.

On 5th July two display mobile phones valued at over £500 were removed and replaced with dummy phones at Tesco Bar Hill. A member of the public reported the suspects to store security officers. One was detained and arrested by police on suspicion of theft.

On 6th July, criminal damage to a vehicle took place at The Spinney, Bar Hill. A couple, believed to be drunk, was seen arguing in the street. A loud bang was heard and the following morning a small dent was discovered in a vehicle, possibly due to being kicked. If you saw this happen, please get in touch. Call 101, quoting crime reference number: CF0253320714.

If you have any information to assist with any of the above, or you need to speak to me for any other reason, please get in touch by emailing [bujar.mani@cambs.pnn.police.uk](mailto:bujar.mani@cambs.pnn.police.uk).

PCSO Bujar MANI, Histon Safer Neighbourhood Team, Tel: 101 – extension 7113152.

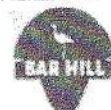
## AUGUST PUZZLE

Form nine musical instruments or terms containing nine letters, in alphabetical order.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| A | C | C | I | O | N | O | R | D |
| C | A | S | I | S | T | Q | U | A |
| D | O | L | I | Z | E | R | T | E |
| D | R | U | M | A | N | T | A | N |
| E | T | S | M | O | N | T | A | R |
| G | U | I | M | P | E | T | E | R |
| H | A | R | M | S | T | T | R | U |
| I | C | K | O | N | E | T | T | E |
| I | N | E | O | P | H | X | Y | L |

|  |   |   |   |   |   |   |   |  |
|--|---|---|---|---|---|---|---|--|
|  |   |   | O | R | D |   |   |  |
|  |   | S |   |   |   | E |   |  |
|  |   | U |   |   |   | I |   |  |
|  |   |   | T | A | R |   |   |  |
|  |   | R |   |   |   | I |   |  |
|  | A |   |   |   |   |   | N |  |
|  | U |   |   |   |   |   | T |  |
|  |   | U |   |   |   | T |   |  |
|  |   |   | O | P | H |   |   |  |

Solution to July puzzle: ARCHIBALD, ESMARALDA, FREDERICK, ELIZABETH, CHRISTIAN, JOSEPHINE, LLEWELLYN, MARGARITA, SYLVESTER.



## RESIDENTS' ASSOCIATION

Interested persons are always welcome at Residents' Association meetings, which are usually held on the first Tuesday of the month at 8pm in the Parish Council office.

Next meeting:

**2nd September.**

[No meeting in August.]



## – Events Calendar –

| date         | event                                                                                    | where                                               | time        |
|--------------|------------------------------------------------------------------------------------------|-----------------------------------------------------|-------------|
| 2 August     | Dave Cass – Singer (page 8)                                                              | Bar Hill Social Club                                |             |
| 2 August     | Heel Work to Music (page 21)                                                             | Good Shepherd Hall, Arbury                          | 10am–4.30pm |
| 9 August     | Garage Sale (page 3)                                                                     | 70 Appletrees                                       | 11am–5pm    |
| 12 August    | Deadline to sign petition 'Put Patients First: Back General Practice Campaign' (page 16) |                                                     |             |
| 14 August    | NWR – discuss the Big Read (page 15)                                                     | Venue tbc                                           | 8pm         |
| 14 August    | Mythical Maze Craft Workshop (page 5)                                                    | Bar Hill Library                                    | 2–3pm       |
| 16 August    | Fluffy Wangers – Band (page 8)                                                           | Bar Hill Social Club                                |             |
| 24–25 August | Mini Beer Festival and BBQ (page 3)                                                      | Black Horse, Dry Drayton                            | 12–5pm      |
| 24 August    | The Big Quiz (page 8)                                                                    | Bar Hill Social Club                                |             |
| 25 August    | Open Weekend (page 8)                                                                    | Bar Hill Social Club                                |             |
| 28 August    | NWR – Recipe Swap (page 15)                                                              | Venue: Pat's                                        | 8pm         |
| 5 Sept.      | Curry Night (page 8)                                                                     | Bar Hill Social Club                                |             |
| 6 Sept.      | Bar Hill Community Market                                                                | Octagon                                             | 10.30am–2pm |
| 10 Sept.     | 'Overlooked Wildlife' (front page)                                                       | Brampton Memorial Hall,<br>Thrapston Road, Brampton | 7.30pm      |
| 11 Sept.     | NWR – talk by Becky Pointon (page 15)                                                    | Venue: Di's                                         | 8pm         |
| 15 Sept.     | Family History Research (page 5)                                                         | Bar Hill Library                                    | 10am–4pm    |

### CARERS AWAY DAY – FRIDAY 3rd OCTOBER

10am to 4pm

#### MARRIOTT HOTEL, HUNTINGDON

Do you care for someone? A carer is a person of any age, adult or child, who provides unpaid support to a partner, child, relative or friend who could not manage to live independently, or whose health and well-being would deteriorate without this help. Those receiving this care may need help due to frailty, disability or a serious health condition, mental ill health or substance misuse.

Cambridgeshire's Carers Away Day is a free annual event providing carers with the opportunity to take part in informal discussion groups with expert speakers, relax, get creative and have fun by taking part in a range of activities. There is a marketplace of information and advice stands. Lunch and refreshments are provided.

This is an opportunity to meet other carers and share your stories and experiences. Places are limited so please book early to avoid disappointment. To book your place contact the Carers Support Team on 01480 377616 or e-mail:

[CarersSupportTeam@cambridgeshire.gov.uk](mailto:CarersSupportTeam@cambridgeshire.gov.uk). There may be support for carers to attend, so please ask for any assistance you might need to enable you to come.

For more information about the day visit [www.cambridgeshire.net](http://www.cambridgeshire.net).

### CELEBRATING 40 YEARS OF RAMBLING

Comberton Ramblers is a local walking group formed in 1974. Ten members attended the inaugural walk from Toft to Caldecote on 30th June that year. The annual subscription was £1 per family or 50p per person; subscription from 1st September 2014 will be £8.50 – excellent value.

We are a friendly and welcoming group of 48 members from local villages. Walking on alternate Sundays, we cover Cambridgeshire, Hertfordshire, Suffolk and Essex. After a walk of around 4–6 miles, we often socialise in a warm local pub! We all enjoy walking in this beautiful area, which is blessed with a variety of countryside from woodlands and rivers to the Fens. Over the years we have been amazed at the wildlife that exists on our doorstep – deer, birds of prey, butterflies, wildflowers.

*Happy Rambling and a very Happy Birthday to Comberton Ramblers.*

For further details on how to join our group, please see our website

[www.combertonramblers.org.uk](http://www.combertonramblers.org.uk) or contact Stella at [stella.ramblers@hotmail.com](mailto:stella.ramblers@hotmail.com).

**CARE NETWORK CAMBRIDGESHIRE** is a local charity supporting older and vulnerable people. Our vision is a Cambridgeshire where people at risk of isolation, loneliness or depression feel supported in their local community and stay healthy, happy and independent for longer. Charity N°: 1120693. There will be a longer, more informative piece on Care Network Cambridgeshire in next month's Bar Hill News, including contact details.

### OVER DAY CENTRE MINIBUS

Donations are being received from generous individuals and local businesses.

Over's WI raises money with a monthly raffle and cake sale. Willingham's WI recently gave £100 and a handmade quilt to raffle. Trinity College, which once owned much of the land around Over, donated £2,500. The Over News donated £1,500.

A Raffle will take place on 12th December 2014. Tickets available from the Day Centre.